



ROAD to RECOVERY

EVENT PROGRAM

SF

APRIL 30, 2017
9:00AM-12:00PM



#RoadtoRecoverySF

Hosted by:

CENTER FOR
OPEN
RECOVERY

Presented by:

MORTAR
FOUNDATION

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CENTER FOR
OPEN
RECOVERY

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About Center for Open Recovery

Center for Open Recovery (COR) is leading the charge to end the stigma of addiction by empowering people in recovery to step out of the shadows of shame, shift the public's understanding about outcomes and help tackle the addiction health crisis.

COR, an independent nonprofit based in San Francisco, is responding to the opioid overdose and drug addiction epidemic by shattering stereotypes and disrupting stigma, to end discrimination so that more people can find the resources and support needed to live healthily.

Through bold initiatives in education, advocacy, and transformative personal experiences in community, COR is mobilizing 'Open Recovery' — a recovery identity and paradigm-shift, as an affront to the shame of addiction. Open Recovery inspires, supports and demands change in the way we respond to addiction in the Bay Area and beyond.

To learn more, visit openrecoverysf.org

Thank you for being part of the 2017 Road to Recovery SF!

There are over 500,000 people in the San Francisco Bay Area living in recovery from addiction. Their heroic journeys should be an inspiration to help transform the drug epidemic in our country into a public health issue - with the expectation of long-term recovery for all.

Yet when 9 out of 10 people, who need help, are neglected while those who get into recovery, remain invisible, that is a clear result of discrimination.

At Center for Open Recovery we believe it's time to courageously step out of the "shadows of shame" and into the OPEN as people in recovery so that we can change understanding about outcomes, take a stand for social justice, erase stigma and save lives.

Your participation is radical and critical! Thank you! The monies raised will help bring Open Recovery to more communities, and to more people who seek to strengthen recovery.

End Shame. Open Recovery.

Fay Zernoff
Executive Director
Center for Open Recovery



Thank you so much for your support of the 2017 Road to Recovery SF!

Your support, whether as a participant, volunteer, sponsor, or donor are all ways that we can further the mission at Center for Open Recovery, which is to end the stigma of addiction.

The concept of "OPEN RECOVERY" is what we believe will open the doors of communication and understanding and break down the walls of shame and stigma.

Your involvement means you are part of the movement, a growing movement across the United States to be OPEN about recovery and collaborate on solutions to the disease of addiction.

Please join us on April 30th and unite to END SHAME. OPEN RECOVERY.

Thank you to all the staff & volunteers who worked tirelessly to make this event a reality!

Shirley Wartland

Board Chairwoman
Center for Open Recovery

EVENT LINEUP

7:00 AM-	Bib & Packet Pickup
9:00 AM	Bib & Packet Pickup Tent in Festival Area
8:45 AM	Warm Up Stretch & Moment of Silence
9:00 AM	5K Start
9:00 AM-12:00 PM	Recovery Festival Begins
	Art Projects
	Sidewalk Talk
	Kid Zone
	Yoga on the Green
	Meditation
	Refreshments
	Shame Booth
	Recovery Portraits
	Advocacy Outreach
	Hug Deli
	Sponsor Booths
	Massage
	Live Music
	Local Recovery Authors
9:10 AM - 12:00 PM	Main Stage Activities & Presentations
	Morning Workout
	Alternative to 5K
	Kim Sims - Active Sports
	Yoga Stretch and Recovery
	Stephanie Snyder
	Musical Performances:
	Elizabeth Edwards
	X-Lovers
	Lavay Smith
	Guest Speakers:
	Uzuri Pease-Greene
	Susan Raeburn
	Ryan Hampton

COR Speakers:

Shirley Wantland - Board President
Fay Zenoff - Executive Director
Paula Williams - Leadership Circle

9:45-11:15

Meditation

Led by Enrique Collazo
15-20 minute sessions every 30 minutes
9:45, 10:15, 10:45, 11:15 AM

10:00-11:30

Yoga on the Green

15-20 minute sessions every 30 minutes
10, 10:30, 11, 11:30 AM

10:30 AM

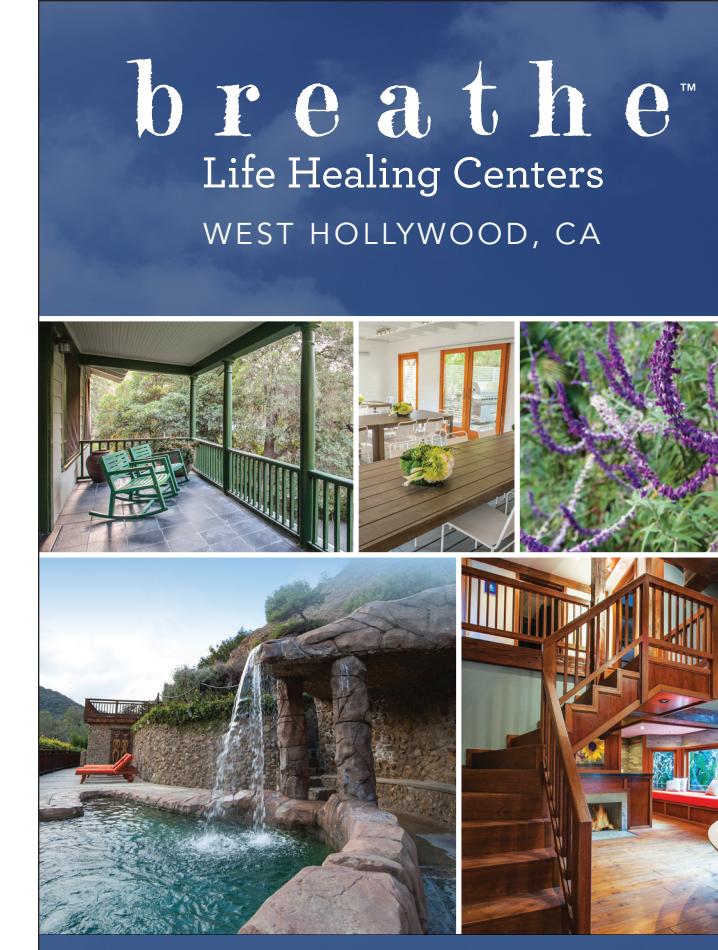
Book Signing

MacKenzie Phillips: Hopeful Healing

11:30 AM-12:00PM

Keynote Speaker & Event Closing

MacKenzie Phillips - Breathe Life Healing Centers



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KEYNOTE SPEAKER

MACKENZIE PHILLIPS | Actress, Author, Counselor and Woman in Recovery



Known for her roles in the classic 1970s sitcom *One Day at a Time*, the coming-of-age comedy-drama film *American Graffiti* and the Disney Channel science fiction television show *So Weird*, Mackenzie Phillips has been in recovery for years and is a foremost advocate for addiction treatment. She now works as a counselor at Breathe Life Healing Centers in West Hollywood, California.

Mackenzie's new book, *Hopeful Healing: Essays on Managing Recovery and Surviving Addiction*, is a powerful collection of advice and stories for those suffering from addiction and the experiences that led to her own recovery.

ROAD TO RECOVERY EMCEE

ALLEN MARTIN | News Anchor KPIX-TV CBS San Francisco



Allen Martin anchors the KPIX 5 newscasts each weeknight at 6pm and profiles Jefferson Award winners and as a reporter his stories can be seen at 11pm. Allen came to KPIX 5 in August of 2004 as a reporter in the South Bay. In 2005 he began anchoring the weekend evening newscasts and reporting for the 11pm news. In the Fall of 2006 he started anchoring weeknights at 5pm and in 2008 he was added to the anchor team at 6pm as well. In addition to television news, Allen has taught "Media and Crisis Communication" for the Department of Homeland Security, he sits on the board of directors of "Boyhood Shadows Project" a non-profit that helps male victims of childhood sexual abuse. He enjoys fly fishing, golf, cycling, hiking and spending time with his children and granddaughter.

GUEST SPEAKERS

UZURI PEASE-GREENE | Community Builder for Rebuild Potrero Bridge Housing



Uzuri Pease-Greene is a 51 year old woman who has been in recovery from drugs and alcohol for 8 years. She is the Community Builder for Rebuild Potrero Bridge Housing, and one of the board member of Community Awareness Resources Entity (C.A.R.E.), a non-profit that was started by residents of Potrero Hill. Uzuri holds a position on the Chief of Police Tony Chaplin African Advisory Committee, as well as on Captain Vaswani CPAB board. She obtained her BA in Human Service Management from University of Phoenix and is currently in their MPA program working on her Masters in Public Administration. Uzuri is the proud mother of 8 children and 13 grandchildren. Her wonderful husband is the Co-Founder of C.A.R.E.

SUSAN RAEBURN | Psychologist & Author



Susan is a Psychologist in the bay area with over 25 years of experience specializing in treating addiction, codependency, eating and anxiety disorders, depression, and in arts psychology (artists, writers, musicians, bands). Susan incorporates mindfulness, spirituality and humor in her integrative approach. Susan is also the co-author of *Creative Recovery, A Complete Addiction Treatment Program That Uses Your Natural Creativity*.

RYAN HAMPTON | Recovery Advocate



Ryan Hampton, a person who is open about his recovery, works to reform national public policy as an outreach recovery advocate for Facing Addiction, a national not-for-profit organization dedicated to ending the addiction crisis in America.

For his work on the #AddictionXAmerica project, Hampton has been called "the guy who is changing the way America looks at addiction." Check out his new initiative, The Voices Project, which has just been featured in Forbes. Ryanhampton.org

YOGA & MEDITATION INSTRUCTORS

ANNE BARBARET | SF Based Iyengar Yoga Instructor



A transplant from France, Anne Barbaret made the San Francisco Bay Area her home in 1995.

At a personal level, Anne finds Yoga takes you on a path of self discovery that goes well beyond the mat bringing awareness and a new appreciation for all aspects of life!

As a teacher, Anne encourages her students in finding the benefits of Yoga individually leading her class with passion & enthusiasm (with a hint of French accent!). Anne teaches in multiple San Francisco locations leading various age groups (Her oldest student is 85, and the youngest 12 year-old!) to the best of their abilities!

STEPHANIE SNYDER | Yoga Instructor & Founder of Love Story Yoga



Renowned San Francisco yoga instructor Stephanie Snyder will be leading the post-race yoga stretch!

Stephanie teaches workshops, trainings and retreats internationally, is an industry festival and conference presenter, and has been profiled by *Fox News*, *Redbook*, *Spirituality & Health*, and *InStyle Magazine* who named Stephanie as San Francisco's most sought after yoga teacher.

Stephanie encourages students to walk the walk of yoga, attending courageously to their own experience and investigating how their gifts can be offered in service of others.

ENRIQUE COLLAZO | Meditation Teacher, Founder of Dharma Punx & Against the Stream



Enrique Collazo is a Buddhist meditation teacher, practitioner and recovering addict. Enrique is trained by Noah Levine, founder of Dharma Punx and Against The Stream.

Most of Enriques energy is spent teaching mindfulness to young people. Enrique has brought Buddhism and the practice of mindfulness into his recovery sense a year sober and has extensive experience bringing meditative interventions into jails, and addiction treatment facilities.

CASSIE JACKSON | Yoga For Recovery Instructor



Certified Iyengar yoga teacher, Cassie Jackson has been studying yoga extensively since 2009, sixth months into her sobriety. She feels that yoga's methodology intelligently and compassionately addresses the specific needs of alcoholics and addicts. She attends classes weekly with her teachers at the Abode of Iyengar yoga, where she also subs from time to time. Although she is available for private sessions as well, her passion to bring yoga to rehabs and recovery centers in

the Bay Area continues. Her love of yoga, her compassion for the human spirit, her authentic desire to help others along their path can be felt in every class. It is her hope that her classes will bring solace, direction and connection to those who are on the journey inward.

WARM UP & WORK OUT

KIM SIMS | Warm up & Work Out



Active Sports Regional Group Fitness Instructor and Kickboxer, Kim Sims, is back at Road to Recovery to lead warm ups by popular demand! Her secret talent "I started singing and released my first album at the age of 15. I made house music all the way through college and want to start back singing." Check out one of Miss Kim's classes at Active Sports Clubs! You're sure to have a good time and get a great workout in.

BAY AREA AUTHOR'S



ROSEMARY O'CONNOR
*A Sober Mom's Guide
To Recovery*



DIANE CONWAY
*What Would You Do
If You Had No Fear?*



SUSAN RAEURN
Creative Recovery



D'ANNE BURWELL
Saving Jake



THOMAS ROHRER
Thriving Beyond Addiction



ANN ROHRER

These Bay Area Authors will be selling and signing their books at the Author's Tent inside Recovery Village.

FEATURED MUSICIANS

ELIZABETH EDWARDS I Singer/Songwriter & Woman in Recovery



Elizabeth Edwards is known for her graceful melodic style, her rich lyrics and beautiful vocals but it's her message of hope and transformation in songs like When Grace Rains, Surrender to Win, and Clean that have garnered her a loyal fan base.

Elizabeth is a woman in recovery and has been performing since 1994. A classic singer-songwriter in the tradition of Joni Mitchell and Carole King, Elizabeth brings her bold artistic vision and formidable musical talent to Road to Recovery SF.

X LOVERS I Pop n' Roll Group & California Natives



X LOVERS

Throwing the confinement of genre out the window, X LOVERS has been able to express the infectious feeling of coming of age in every record they create.

Growing up on 70's rock n' roll blasting out of their parents' record collections to hearing a multitude of glistening electronic pop sounds throughout their school halls, X LOVERS find risk, rebellion, and pure intoxication in pursuing their signature sound they, and their fans, call POP N' ROLL.

LAVAY & CHRIS I SF based Jazz and Blues Musicians



Lavay Smith is the vocalist and bandleader of the Red Hot Skillet Lickers, one of the top swingin' Jazz and Blues bands in the world. Lavay is internationally recognized as The Queen of Classic Jazz & Blues in the authentic style of the 1940's and 1950's. Chris Siebert, piano/keyboardist and arranger, founded the band in 1989 with Lavay. Chris is the musical director and composes the original songs with Lavay. Having San Francisco's own dynamic duo close out the event is certainly a recipe for good times.

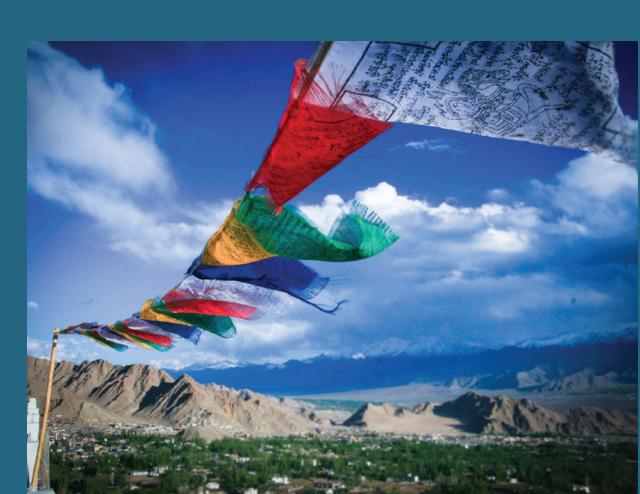
MAIKAZE DAIKO DRUMMERS I

Maikaze Daiko Drummers will perform at the 5K start and finish lines, as well as on the main stage. They will also lead an interactive workshop for attendees! Maikaze Daiko offers taiko classes & workshops rooted in cultural traditions and modernly expressive with a unique contemporary American voice.

FESTIVAL HIGHLIGHTS



The National Coalition Against Prescription Drug Abuse will have a table at the Road to Recovery SF offering those in attendance an opportunity to prevent pill misuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Bring your pills for disposal to our booth for safe and proper disposal! (We cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.



Wherever you may be on your recovery journey, know that you are not alone. At our Interactive Art Exhibit, Road to Recovery SF attendees can write messages on prayer flags of hope to empower and inspire people on their personal road to recovery. Each flag will be added to a line stretched across the festival area.



We are super excited to have AcroSports and YMCA sponsor our Kid Zone at this year's Road to Recovery SF! AcroSports is a non-profit organization whose mission is to teach and develop the physical, performing and circus arts. Together with the YMCA, they will offer fun activities that encourage teamwork and build strengths and self-esteem, and enhance life's experience.



Due to popular demand, the Hug Deli is BACK! Whether you or someone you love is in recovery, open recovery is all about embracing and supporting your loved ones. Come get your free helping of hugs and support from all of us at Road to Recovery SF. You deserve it!

SIDEWALK TALK YOU TALK WE LISTEN.

Listening and belonging are at the root of mental health. Sidewalk Talk is a community listening project that seeks to evolve the way we interact around mental health, connection and community. Trained psychotherapists will set up chairs around the festival area and give those in recovery a chance to tell their stories and be heard!



Presenting Sponsor, The Mortar Foundation, has designed an experiential exhibit - inspired by "The Phone of the Wind" in Japan, set up after the tsunami to give those grieving a safe place to express pain. R2RSF participants are invited to enter the SHAME Booth to release burdens and free themselves of stigma and judgement.

EVENT FAQ'S

How much does it cost to register?

Registration for the 5K & Festival is \$40 for adults and \$20 for children. We also offer 'Festival Only' passes, which exclude the 5K; \$20 for adults and \$10 for children. Onsite registration will be available on Saturday, April 29th from 10AM-3PM at Presidio Sports Basement as well on event day in the Bib & Packet Pickup Tent (located at Crissy Field across from Sports Basement) from 7AM-9AM. *Event registration increases by \$5 across the board after Friday, April 28, 2017 at 12:00AM PST.

Where can I pick up my bib and shirt?

Packet pickup will be held Saturday, April 29, 2017 from 10:00AM-3:00PM at the Presidio Sports Basement located at 610 Old Mason St. San Francisco, CA 94129. Bibs and shirts will also be available for pick up on event day from 7:30AM until 9:00AM in the Registration tent. *Please note event shirts will be distributed on a first come, first served basis so early packet pickup is highly encouraged.

Will there be parking available onsite?

We strongly recommend carpooling, public transportation or other options that do not require parking as it will be extremely limited. There will be some parking available at Presidio Sports Basement directly across from the festival venue as well as at the Marina south of Sports Basement. There are additional paid parking spots all around the venue. Construction is scheduled throughout the month at Crissy Field so please plan accordingly and allow plenty of time to find parking if you choose to drive.

What can I expect at the festival?

You're in for a treat! We're pulled together an exciting and varied program of inspirational speakers, yoga, meditation, art, music, art, kids games, healthy food options and interactive activities for all ages!

***Bring your picnic blanket, yoga mat, and plan to stay awhile!**

Will there be food at the festival?

Yes! We will have healthy and delicious food options available for purchase onsite from Presidio Palms Cafe.

Is the 5K timed?

No, this event is not timed. It is a festive run/walk.

Can I walk the course?

Yes! The Road to Recovery SF welcomes runners and walkers who have registered to do so.

Are children welcome to attend?

Yes, they are! Registration is available for children of all ages to participate in the festival. Children under 2 are free. All children must be accompanied by a parent or guardian over the age of 18. We have an incredible kids program Sponsored by AcroSports and YMCA. The Kid Zone will feature fun and interactive activities such as parkour, aerial gymnastics, games and much more!

Are dogs allowed at the event?

We're sorry but for safety reasons, dogs, even on leash, are not allowed to attend in the event.

Are bikes or strollers allowed on the course?

Strollers are allowed on the course. Children 2 years and younger (in strollers) are free with an adult registration. We ask that those participating with strollers begin at the back of the race queue as not to block runners. For safety reasons, bikes are not allowed on the course

EVENT MAP & 5K COURSE



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A SPECIAL THANKS TO:

The 'Secret Sauce' of any successful event; Our team of over 50 volunteers! We appreciate the time and the energy you've committed to Road to Recovery SF.

The Makers of the Sauce, our Volunteer Captains: Naz Abdullah, Linelle Cowan, Lindsey Fisher, Laniee Fong, Coral Godinez, Kaylin Hernandez, Negin Khosravi, Anna Mohrman, Joseph Roldan, and Joanna Sullivan. Thank you for your willingness to go above and beyond and leave your mark on this event.

Antonio Butt: Gracious supporter and Photographer for our 'This is Recovery' Media Campaign

Randy Zellerbach: For guiding us through COR's first "out of home" advertising campaign. Your patience and generosity were truly a gift!

Erika Petryszyn: Graphic Designer of Epetrodesign, for her patience, crazy-fast response time, shiny, happy personality and wicked design skills.

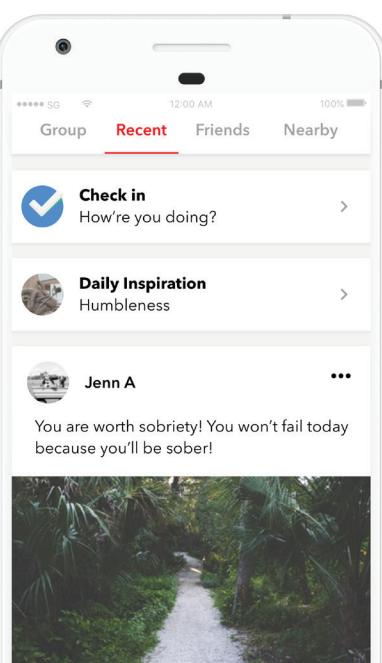
PSA Production Team: Roger & Laniee Fong Featuring Paula Williams, Scott Romyns, Rosemary O'Conner and Chelsea Morton-Jones. Thank you for sharing your stories, time, and handsome faces for all the world to see.



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Alta Mira is proud to support the Center for Open Recovery, working to end addiction stigma in the Bay Area.

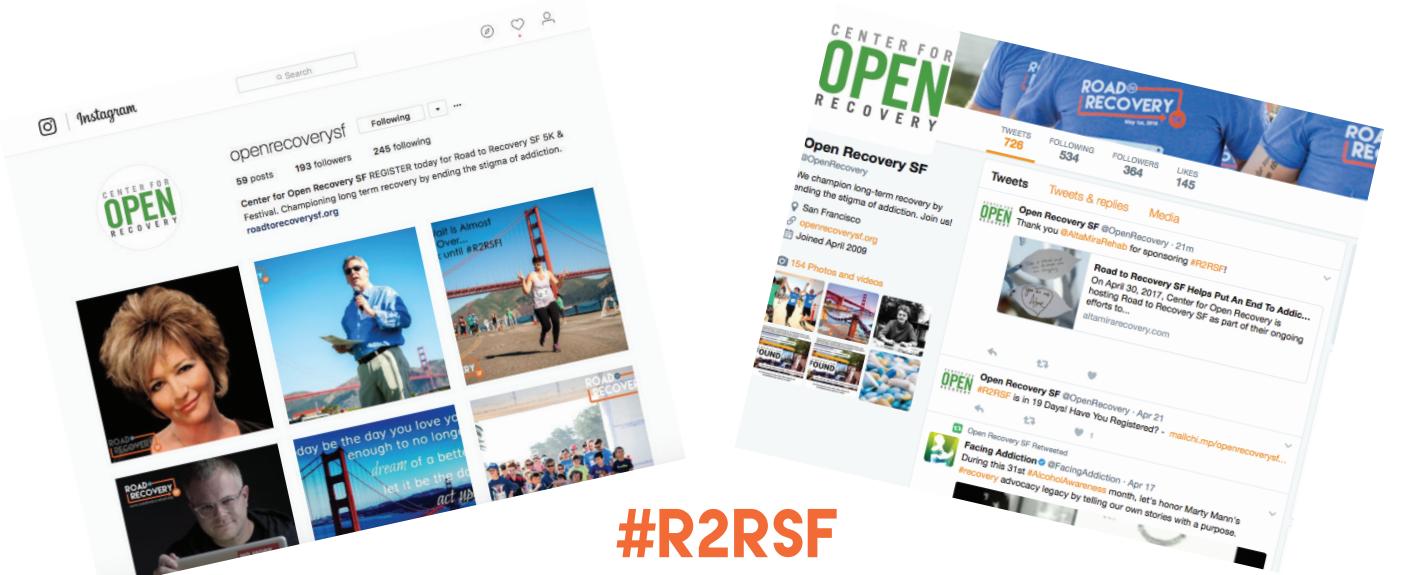


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*Don't forget to tag Center for Open Recovery @openrecoverysf on your [Instagram](#), [Facebook](#) and [Twitter](#) accounts for a chance to be featured on our social media!